

ABSTRACT OF THE DISCLOSURE

A binding system is provided that is effective for use on recreational device, such as a snowboard, and that is adapted to mate to, or that includes, a boot or other footwear worn by the user. In general, the binding system includes a base plate for support a rider's foot, and a connecting element for mating the base plate to an elongate board, e.g., a snowboard. The connecting element is effective to mate the base plate to a snowboard about a fixed central axis and to allow pivotal movement of the base plate about the central axis with respect to the snowboard. The binding system can also include at least one compression member mated to the base plate and/or to a snowboard. The compression member(s) are effective to compress between the base plate and the snowboard in response to a force applied to at least one of the base plate and the snowboard. The binding system is particularly advantageous in that the compression members provide enhanced biomechanical operation, absorbing chatter and shock, and increasing mobility. Moreover, there is no relative motion between the base plate and the boot, so the rider's ability to control the snowboard is not adversely affected.

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